



Let's talk flu.

When it comes to seasonal flu, bird flu or the threat of a worldwide flu pandemic, you may have questions and concerns. Any flu is something to take seriously.

Follow these simple steps to protect yourself and your family:

- ① Wash your hands often with soap and water or use a hand sanitizer
- ② Cover your mouth when you cough or sneeze
- ③ Talk with your doctor about getting a yearly flu vaccine
- ④ Make a family emergency plan
- ⑤ Volunteer in your community



Massachusetts is preparing for a worldwide flu outbreak. We can lessen the effects of a pandemic if we all prepare ahead of time. The best thing that you can do is to stay informed. Visit our web site to get the facts.



FLU FACTS

What you need to know

www.mass.gov/dph/flu

Call Toll-Free 1-877-MASS FLU (1-877-627-7358)

TTY 617-536-5872